

Pear PB&J Bouquet

Makes: 8 Servings

Ingredients

- 1 pear
- 8 **teaspoons** peanut butter
- 1 **1/3 tablespoons** strawberry preserves (4 teaspoons)
- 8 **slices** whole grain wheat bread

Directions

1. Use a flower-shaped cookie cutter to cut each slide of bread. If bread sticks to cutter, gently push the petals out with your fingers.
2. Wash the pear and dry it with a paper towel. Cut the pear in half, and remove the core. Cut each pear half into four slices, then cut each slice into five pieces. You will only use the center three pieces of each slice, so go ahead and eat the end pieces.
3. Spread 1 teaspoon of peanut butter in a circle in the center of each of the flowers. Place 3 pieces of pear on the peanut butter on each flower. Arrange the pears so the skin is facing out and the white centers are touching in the middle.
4. Drizzle 1/2 teaspoon of strawberry preserves in the center of each flower and over the pears.

Notes

Other materials needed:

- paring knife
- deep cookie cutter, flower-shaped
- measuring spoons

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	131	
Total Fat	4 g	6%
Protein	5 g	
Carbohydrates	20 g	7%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	159 mg	7%

MyPlate Food Groups

Fruits	1/4 cup
Grains	1 ounce
Protein Foods	1/2 ounce

- squeeze bottle (optional)

USA Pears. Pear Bureau Northwest.